



News from **SALEM COUNTY**

Office of Public Information

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SALEM COUNTY OFFICE ON AGING OFFERS CARFIT: HELPING MATURE DRIVERS FIND THEIR SAFEST FIT

(SALEM COUNTY, NJ)—Freeholder Ben Laury, Chair of the County Social Services/Planning Committee, announced today that Office of Aging employee Stephanie Bradway recently completed training for a program titled “CarFit” and is now certified to conduct a comprehensive check on how well you and your vehicle work together.

“Driving today is more difficult than ever before due to more traffic on the road, and we drive at much faster speeds,” said Freeholder Laury. “This program will help seniors become more familiar with their cars and ultimately be safer drivers.”

CarFit was developed by the American Society on Aging in collaboration with American Association of Retired Persons (AARP), American Occupational Therapy Association and American Automobile Association (AAA). The U.S. Census Bureau has determined that by 2030, one in five Americans will be age 65 or older. This means there will be more than 65 million older drivers on our roads. It is well documented that seniors experience changes in vision, flexibility, strength, and range of motion which reduces control behind the wheel.

“All eligible seniors at risk should participate in this program,” said Freeholder Director Lee Ware. “It only takes about 20 minutes to learn if you and your car are safe together.”

Participants will be checked if they have a clear line of site over the steering wheel and easy access to gas and brake pedals. Recommendations will be given on how to achieve pain free driving and participants will learn how to minimize blind spots.

“Program participants leave with a copy of the recommendations on the adjustments and/or the adaptations suggested,” said Sherri Hinchman, Executive Director of the Office on Aging.

The Office on Aging will sponsor a CarFit event in May of 2011 in celebration of Older Americans Month. For more information call the Salem County Office on Aging (856) 339-8622.